

## Activity: Let it Go

- **Author** - Custom Resource by the Eluna Team

**Objective:** Sometimes, we get upset over things that we cannot change or control, no matter how much we want to. Telling ourselves to “let go” of those things can help relieve stress and negative feelings. This activity invites you to consider what things are worthy of “letting go” of because it is completely out of your control.

### Supplies:

- Print this ['Let It Go' worksheet](#).
- Pen, pencil, or crayons.

### Instructions:

- Discuss & brainstorm with children about some things they wish they could change.
- Work together to decide which things are out of their control, and explain that it is good to let go of things we cannot control because the only person we can control is ourselves.
- Using the “Let It Go” worksheet can be a great start to acknowledging your child’s stressors that may or may not be out of their control.

**Additional Ideas:** This work sheet can be done by using words or drawings. After completing the worksheet, encourage children to discuss the memories or situations that they are letting go of and that they no longer have to feel responsible for them.

[Download Printable Activity](#)

